WHAT IS CLAIMED IS:

1. A personal defense device comprising:

an elongated shaft, the shaft having a proximal and distal end and a forward and rearward side;

the proximal end further comprising an opening, the opening sized and configured to accommodate placement of a forefinger of a user through the opening;

the forward side comprising a generally concave surface;

the forward side further comprising a plurality of recesses;

the rearward side comprising a generally convex surface; and

the distal end further comprising a protrusion extending at least distally and forward from a distal-most recess;

wherein when the device is used, the forefinger is placed through the opening and remaining fingers are placed in the recesses such that the protrusion forms an impact element extending at least distally and forward of a pinky finger of the user.

2. The device of Claim 1, wherein the opening is cylindrical with a diameter of about ½ inch to 1½ inches.

3. The device of Claim 1, further comprising a channel on an inside surface of the opening to accommodate a key ring.

4. The device of Claim 3, wherein the channel is rectangular.

5. The device of Claim 1, wherein the shaft has a device depth of about ¼ inch to 1½ inches.

6. The device of Claim 1, wherein the shaft has a substantially uniform device depth from the proximal end to the distal end.

7. The device of Claim 1, wherein the shaft has a device length of about 3½ inches to 6½ inches.

8. The device of Claim 1, wherein the recesses are curved.

9. The device of Claim 1, comprising three recesses.

10. The device of Claim 1, further comprising a grip between the forward side and rearward side having a width of about ½ inch to 2 inches.

11. The device of Claim 1, comprising a plurality of protrusions.

12. The device of Claim 1, further comprising:

an axis formed by a line tangent to both the rearward portion of the opening and the distal-most recess;

a distal-most recess trough point, the distal-most recess trough point being the position in the distal-most recess where a device width is at a minimum;

a protrusion tip point, the protrusion tip point being located at the farthest point on the protrusion from the axis;

a protrusion width, the protrusion width being the perpendicular distance from the axis to the protrusion tip point;

a protrusion tip point height, the protrusion tip point height being the distance along the axis from the distal-most recess trough point to the protrusion width measurement;

a distal-most protrusion point, the distal-most protrusion point being the distal-most point on the protrusion when measured perpendicularly from the axis; and

a protrusion height, the protrusion height being the distance along the axis to the perpendicular measurement of the distal-most protrusion point.

13. The device of Claim 12, wherein the protrusion width and the protrusion tip point height are about the same length.

14. The device of Claim 12, wherein the protrusion width is about ½ inch to 3 inches.

15. The device of Claim 12, wherein the protrusion tip point height is about ½ inch to 3 inches.

16. The device of Claim 12, wherein the protrusion height is about ½ inch to 3 inches.

17. The device of Claim 1, further comprising:

an axis formed by a line tangent to both the rearward portion of the opening and the distal-most recess;

a rearward protrusion;

a distal-most recess trough point, the distal-most recess trough point being the position in the distal-most recess where a device width is at a minimum;

a rearward protrusion tip point, the rearward protrusion tip point being located at the farthest point on the rearward protrusion from the axis;

a rearward protrusion width, the rearward protrusion width being the perpendicular distance from the axis to the rearward protrusion tip point;

a rearward protrusion tip point height, the rearward protrusion tip point height being the distance along the axis from the distal-most recess trough point to the rearward protrusion width measurement;

a rearward distal-most protrusion point, the rearward distal-most protrusion point being the distal-most point on the rearward protrusion when measured perpendicularly from the axis; and

a rearward protrusion height, the rearward protrusion height being the distance along the axis to the perpendicular measurement of the rearward distal-most protrusion point.

18. The device of Claim 17, wherein the rearward protrusion width and the rearward protrusion tip point height are about the same length.

19. The device of Claim 17, wherein the rearward protrusion width is about ½ inch to 3½ inches.

20. The device of Claim 17, wherein the rearward protrusion tip point height is about ½ inch to 3½ inches.

21. The device of Claim 17, wherein the rearward protrusion height is about ½ inch to 3 inches.

22. The device of Claim 1, further comprising round edges.

23. The device of Claim 1, wherein the device is constructed of wood.

24. A personal defense device comprising:

an elongated shaft, the shaft having a proximal and distal end and a forward finger-receiving side and a rearward palm-receiving side;

the proximal end further comprising an opening, the opening sized and configured to accommodate placement of a forefinger of a user through the opening; and

the distal end further comprising a protrusion;

wherein when the device is used, the forefinger is placed through the opening and the protrusion forms an impact element extending at least distally from the user's hand.

25. The device of Claim 24, wherein the forward side comprises a generally concave surface.

26. The device of Claim 24, wherein the forward side comprises a plurality of recesses.

27. The device of Claim 26, comprising three recesses.

28. The device of Claim 24, wherein the rearward side comprising a generally convex surface.

29. The device of Claim 24, wherein the opening is cylindrical.

30. The device of Claim 24, further comprising a channel on an inside surface of the opening to accommodate a key ring.

31. The device of Claim 24, wherein the protrusion extends forward from the user's hand when in use.

32. The device of Claim 24, wherein the protrusion extends rearward from the user's hand when in use.

33. The device of Claim 24, wherein the protrusion is a single fin-shape with blunt tips.

34. A method of using a personal defense device comprising:

providing a defense device comprising an elongated shaft having a proximal and distal end and a forward and rearward side, an opening on the proximal end that is sized and configured to accommodate placement of a forefinger of a user through the opening, a palm-receiving surface on the rearward side, a finger-receiving surface on the forward side, and a protrusion extending distally of the device;

inserting a forefinger of the user through the opening;

placing the palm-receiving surface on the palm of the user; and

placing the fingers on the finger-receiving surface;

whereby when the device is held in the user's hand, the protrusion extends distally of the user's hand.

35. The method of Claim 34, further comprising striking an assailant with the protrusion.

36. The method of Claim 34, further comprising hooking an assailant with the protrusion.